



valleys surrounded it on three sides. The Eastern Valley commences a mile north of the city wall, and at first runs southeast, and is open and shallow, but soon turns due south and becomes a ravine with steep sides, called, since the fourth century A.D., the Valley of Jehoshaphat. The part of the valley called in the New Testament the Valley of the Kidron is still farther to the south. This is almost all the year quite dry, but after a sudden heavy storm quite a considerable torrent may pour down its centre. One writer says that he "has traversed the road along the lower parts of the valley immediately after such rain, with the water half-way up to his knees." The western valley is shorter and more crooked than that of the east. The ancient name was the Valley of Hinnom. The two valleys unite at the southeastern corner of the plateau. They were so deep in ancient days as to make attack upon the city almost impracticable from east, west and southwest sides. Only to the north and northwest was the city without natural defence, and it was from these points that attack always came.

THE LESSON APPLIED

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To strive for anything less than the highest is unworthy of a child of God. The ideal life is found in Jesus Christ. Of him it is said that he "increased in wisdom and stature, and in favor with God and man." This four-fold development is necessary to become the strong man, the man of forceful personality, of poise and power. Through this symmetrical growth of the whole man we attain unto "the measure of the stature of the fulness of Christ."

We need *intellectual strength*. Jesus increased in wisdom. The strong man is the intelligent man, trained to think clearly, judge wisely and to do the thing that ought to be done at the right time and in the right way. The need for men and women of intellectual power to-day is urgent.

The loss of so many of our brightest men from positions of leadership in industry, commerce, politics and professions, is throwing a load of special responsibility upon our growing boys. The War has produced revolutionary

changes in thought and attitude to many problems.

The new position occupied by woman and her enfranchisement demands from our growing girls more thorough preparation for life's work. The task of affecting the needed readjustments of our national life after the War that the heritage bought at such a cost may be conserved, of solving the many problems connected with our alien population, and making of our immigrants good Canadians, of looking after our returned soldiers wisely, can only be faced and met successfully by men and women of intelligence and courage.

School and college, lectures, books, educational trips, every means by which a pupil may furnish his mind and train his thinking and add to his power to grasp the meaning of things and to equip himself for useful service should be utilized to increase his intellectual force and efficiency.

We need *physical strength*. Jesus increased in stature. A healthy body helps to a clear